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U.S. ESCAPES GROUP OF DEATH — EVEN WITH A 1-0 LOSS TO GERMANY — OUTLIVING GHANA AND PORTUGAL, LED BY BALLON D'OR WINNER CRISTIANO RONALDO PAGE 21

Little Gordon Ramsays, without the cussin'

Students prepare meal guided by professional chef for Food Frenzy project PAGE 4

Inside a pot plant (not that kind of plant)

Take a tour of a medical grow-op with Metro reporter; use Metro AR to view a photo gallery of the plant PAGE 8

The taste of True Patriot Love

In the lead-up to this year's Canada Day celebrations, try this Cross-Canada Salad, with ingredients from 10 provinces, 3 territories PAGE 19

NEWS WORTH SHARING.

Fanshawe's big Kingsmill deal

Fanshawe theatre arts students Cedric Martin, left, and Anna Fisher are happy to hear that the school may be welcoming about 1,600 new students in a few years at the landmark Kingsmill's building.
SCOTT TAYLOR/METRO

Conditional offer.
Aim is to get 2,000 students downtown

SCOTT TAYLOR
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Fanshawe College has made a conditional offer to purchase the iconic Kingsmill's building on Dundas Street, across from the newly opened Centre for Digital and Performing Arts.

If all goes as planned, the deal will see about 2,000 students attend classes downtown once the building opens in 2018.

The total cost of purchasing the historical landmark and transforming it into a six-storey, 101,000-square-foot educational facility will be $66.2 million, said Fanshawe president Peter Devlin.

The college will ante up $46.2 million of its own money and will ask the City of London for an additional $10 million over and above the $10 million the city has already committed for Phase 2 of the school's expansion.

Presenting the plan

The college will present its plan to city council July 22. Ward 8 Coun. Paul Hubert said he believes it will be received positively.

"We dropped off packages earlier (Thursday) which outline our business plan, and I look forward to visiting with the interim mayor as well as the city councillors to talk about this wonderful opportunity," Devlin said.

The refurbished structure would be home to students from the schools of information technology and tourism and hospitality.

Fanshawe will also ask the city to approve some essential heritage alterations.

"We've seen the positive energy and exciting impact of having almost 400 students and staff downtown," Devlin said.

"Imagine the opportunity to further enhance the core by moving an additional 1,600 students into a phase two expansion."

Construction is expected to begin in fall 2015. Information technology students would begin classes in 2017 and would then be joined by tourism and hospitality in 2018.

Tim Kingsmill, who last September announced his intention to close the 148-year-old store and retire, said he and his family are supportive of the sale and the plans for the building.

"I'm optimistic about the future of our building and confident that Fanshawe will respect its heritage," he said.

Downtown London head Janette MacDonald said the influx of students is great news for local business.

"They'll be here 24/7, hopefully some of them will live here, and with any luck, we'll be able to keep them here after graduation," MacDonald said.

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NEWS 1

Weekend nights

Police warn of mischief spree

London cops are speaking of "a crime pattern of vandalism" in the Masonville and Stoneybrook neighbourhoods, near the intersection of Adelaide Street North and Fanshawe Park Road East.

Incidents include rocks thrown through the windows of homes and vehicles, eggs thrown at vehicles, cars keyed, and such pranks as ringing doorbells and leaving items on doorsteps.

The incidents began June 6 and have been happening overnight on Fridays and Saturdays between 10 p.m. and 2 a.m. Teenagers on bicycles were seen leaving the area in two incidents. METRO

Seeking homes

Man charged after rescue of 28 cats

A 54-year-old London man faces charges following the London Humane Society's removal of 28 cats from a home in East London earlier this month.

Edward Mantz has been accused of causing distress, failing to provide suitable and adequate sanitary conditions, and failing to provide necessary care for the cats.

A number of the cats have since given birth inside the shelter, adding to a capacity crisis.

Some of the cats are progressing toward adoptability. Others will become available as space in the adoption area opens up and as they are medically cleared, said executive director Judy Foster. METRO

Vanier Children's Services Supt. Sherri Whitman, left, and teacher Jo-Anne Schyvenaars with student Frank Nevada Week'es. SCOTT TAYLOR/METRO

Focusing on children's strengths, not issues

Vanier Children's Services. Graduation day especially sweet for afflicted students

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All graduations are special to students and their families, but some stand out even more.

Such was the case Thursday at Vanier Children's Services, where school — and everyday life — is a little tougher for the kids to navigate.

Every year, Vanier serves more than 1,000 children with mental-health and behavioural issues, such as depression, anxiety and ADHD.

That's why these graduates smiled so widely and received such enthusiastic applause as their names were called.

Frank Nevada Week'es, 12, was one of those kids. He deals with anxiety but has made tremendous progress, said teacher Jo-Anne Schyvenaars, who explained how things work at Vanier.

"We work on the strengths of our students. We have different grade levels and different abilities, and what we try to do is focus on things they like to do and let them experience some success and feel good about being in school."

Every student is different, but anxiety is the most common issue, she added. Many have experienced major trauma at home, as well.

"Lots of kids come with diagnoses like ADHD or conduct disorder, but we don't really focus on that in school," said Sherri Whitman, the school's superintendent of campus programs.

"We focus on each coming with a strength that we can make larger."

Week'es said he's enjoyed the school and has made a couple of friends.

"I don't know how it helps, but it helps. The whole thing is I have anxiety and I have to get past that," he said. "I like to look at things on the negative side sometimes."

Getting past that, he added, is like a baby learning to walk.

"One step at a time."

Prevalence

The Canadian Paediatric Society indicates that 40 to 50 per cent of the office visits to their members are for mental-health problems.

SOURCE: VANIER CHILDREN'S SERVICES

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Walkway mural 'takes you somewhere else'

'It creates conversation.' Local artist Tracy Root transformed a blank wall in the walkway leading to the London Convention Centre

MARK SPOWART
london@metronews.ca

Tracy Root stands proudly in front of the mural at the London Convention Centre. MARK SPOWART/FOR METRO

It is 100 feet long, 10 feet high, located in the walkway leading to the London Convention Centre and took London artist Tracy Root 50 days to paint.

Now completed, this work of art welcomes guests as they enter the London Convention Centre from the walkway across King Street.

Titled A Moment of Natural Reflection, the mural is the latest work commissioned by the LCC with the assistance of the London Arts Council and its roster of juried artists.

"In 2008, our board put together an art committee and we a started working with the arts council to come up with a structure for the program," said Lori Da Silva, CEO and General Manager at the convention centre.

"We have a lot a of convention guests stay at the Hilton, who walk across this walkway, so we really wanted to enhance their experience, and this does it," added Da Silva.

This is the second mural Root has been selected to paint through the mural artist roster, and one she is very pleased with.

"I am happy with it," said Root. "For me, personally, I would use this as a signature piece; it shows my style, what I like to do and the subject matter I like to paint."

A professional artist for more than 15 years, Root has been successfully representing her own work through word of mouth and on the Internet, but knows she needs to get her name out locally.

"I tell you, nobody knows me here in London," said Root.. "I have been successfully selling for years, but I don't show here, and have very rarely approached anyone here. I know I need to do it, and I think this is really going to help."

The London Arts Council manages a public art program and follows an open process in selecting mural artists.

Andrea Halwa, executive director at the London Arts Council, stresses the importance of public art.

"It creates conversation, it makes people open their minds and it creates excitement," said Halwa. "I mean, this was a blank wall two months ago. You would walk across here and maybe look out the windows at the tress or the cityscape, but this, this takes you somewhere else."

Mural

A one-inch brush was used to complete a 1,090-square-foot mural painting in 50 days.

Nor'West Optimist Park

City, Rotarians unveil park's new playground structure

The City of London and the Hyde Park Rotary Club unveiled the new playground equipment at the Nor'West Optimist Park on Thursday.

With the assistance of the students of Emily Carr Public School, Ward 7 Councillor Matt Brown cut the ribbon on the new playground structure and declared the park officially open.

The Hyde Park Rotary Club was one of the successful applicants of the SPARKS! Neighbourhood Matching Fund, a community grant that provides funding to improve and enhance neighbourhoods.

Celebrating 100 years of service this year, the club donated $10,000 to the revitalization of the park. **METRO**

Concerts

Summer music at The Grand

The Grand Theatre has announced two concerts by critically acclaimed Canadian artists.

This summer, it will welcome soprano Measha Brueggergosman and singer-songwriter Royal Wood, and tickets for both events go on sale Friday.

Brueggergosman, who has just released a new album, I've Got a Crush on You, will perform on Aug. 15.

Wood will premiere material from his new album I Wish You Well, when he comes to The Grand on Aug. 21. **METRO**

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A freighter is silhouetted on Lake Superior near Whitefish Point, Mich. in a July 17, 1999 file photo. CARLOS OSORIO/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Great Lakes Region.
Low water levels could cost us $20 billion: Study

If the low water levels recorded in the Great Lakes and St. Lawrence River in recent years continue for sustained periods, the long-term impact on the region's economy could reach more than $20 billion by 2050, according to a new report.

The study, conducted by the Mowat Centre for the Council of the Great Lakes Region, said water levels in the Great Lakes — which hold about 20 per cent of the world's surface freshwater supply — and St. Lawrence River "fell dramatically" in 1997-98.

Since then, the basin has experienced the longest extended period of lower water levels since the U.S. and Canada began tracking levels in 1918.

The economic output of the Great Lakes Region is $5.25 trillion, or around 28 per cent of the combined Canadian and U.S. economic activity.

The report said lower water levels in the Great Lakes would impact industries including hydroelectricity and commercial shipping, as well as recreational boating and fishing and property values near the shores.

Rod Jones, president and CEO of the Canada Steamship Lines group, said the shipping industry needs to plan for a "sustainable future."

The study found that low water levels could have an economic impact of just over $2 billion from now until 2050 on commercial shipping and harbours. For recreational boating and fishing, the cost could reach more than $13.74 billion.

Jones explained that "choke points," such as the Welland Canal, which connects Lake Ontario and Lake Erie, determine whether or not ships can enter the Great Lakes and St. Lawrence seaway. Lake Michigan-Huron had the lowest water level ever recorded for the lake in January 2013.

Water levels in the St. Lawrence River have also diminished, recorded below historic averages for 78 per cent of the total months from 1998 to 2012.

"We can't afford to have the seaway shallow," Jones said, adding that now the onus is on industries to evaluate their own environmental footprint.

THE CANADIAN PRESS

Growing chefs cook up a storm in a Food Frenzy

Allez cuisine! Local program teaches elementary school students everything from picking the right ingredients to making delicious dishes

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They looked like 24 little Gordon Ramsays. Thankfully, none of the students sounded like the foul-mouthed celebrity chef.

Thursday presented the final spring edition of the Food Frenzy project organized by Growing Chefs Ontario at Covent Garden Farmers' Market.

The program sees elementary school classes tour the market, talk to vendors, choose ingredients and prepare a meal while being guided by a professional chef.

"They spend a long time choosing the perfect pint of strawberries or the freshest bunch of carrots and it's great that they have a chance to talk to the farmers," said Growing Chefs spokeswoman Sunni Vann. "A lot of the farmers were up at 2 a.m. picking strawberries, so it's the freshest of the fresh, which is important for them to see, to make that connection."

Vann said the goal is to get youngsters excited about healthy, wholesome food and to feel empowered by being able to cook.

"We give them a little cookbook at the end with the food they've made and a lot of kids go home, show their parents and that gets them thinking about food differently," Vann said.

Ethan Hunt, 12, was already talking the talk after just an hour or so into the program.

"We made a dip which is made out of plain yogurt, strawberries and honey," he said.

Jacob Wild made garlic bread and rhubarb-glazed chicken.

"It's not that tough," he said. "I don't know if it'll taste good, since I made it, but it might."

Growing Chefs also visits schools to discuss nutrition in an entertaining way for students in grades one through eight.

And for the first time, the team will be running food service at local events this summer, starting with Sunfest in Victoria Park.

Jacob Wild gives the food he made a thumbs up Thursday at Covent Garden Market. SCOTT TAYLOR/METRO

Obesity rate

London-Middlesex rates higher than the Ontario average with an obesity rate of 25.5 per cent, as shown in a recently released Statistics Canada study.

Theatre

Musical stories show at McManus this weekend

An unusual musical has been drawing crowds this week at the McManus Theatre downtown.

Musical Theatre Productions is concluding its 25th anniversary season with Songs For A New World, a collection of stories by Tony award-winning composer Jason Robert Brown. It includes performances at 8 p.m. Friday and 2 p.m. and 8 p.m. Saturday. METRO

Win proves bigger than couple's wildest dreams

Their dreams didn't come true. Well, not exactly.

Peter and Michelle Burrell of Woodstock bought a Dream Lottery ticket hoping for a car because that's what they needed most.

Instead, they were shocked to find out they won the whole ball of wax.

That means they get to choose between: a Royal Premier home in south London and $250,000 cash; an Aleck Harasm Home in north London and $250,000 cash; a Medway Home in Grand Bend and $450,000 cash; a Toronto condo near historic Fort York with a Lexus ES 300H and $450,000 cash; or $1 million, all in cash.

Peter was at home to receive the call from London Health Sciences Foundation President John MacFarlane. He thought it was a joke until the numbers were read to him and he checked his ticket to be sure.

"I'm still having a hard time believing this," Peter said over the phone.

"I'm here alone, my wife's at work and I'm trying to get the kids off to school in time."

The Burrells, along with their three children, Jenna, Jacob, and Madison, were able to go to the draw location in west London later in the afternoon to shake hands, meet the media and let it all sink in.

They said they were leaning toward taking the money.

"We're glad it goes to a good cause," Peter said about the lottery's proceeds. "My wife's mom is a retired nurse after 40 years in Woodstock, so we buy tickets that support health care."

Maria Redecop of Tillsonburg won more than $400,000 in the 50/50 portion of the draw.

Dream Lottery supports London Health Sciences Centre, Children's Hospital at London Health Sciences Centre, and St. Joseph's Health Care London. METRO

Quoted

"We're glad it goes to a good cause. My wife's mom is a retired nurse after 40 years in Woodstock, so we buy tickets that support health care."

Peter Burrell, winner of Dream Lottery,
On the fact the lottery supports medical centres

Randy Warden describes himself as "socially engaged, but financially a little on the conservative side."
MIKE DONACHIE/METRO

Ex-serviceman eyes council seat

Ward 5. Randy Warden is an active volunteer with multiple organizations, including the one organizing Canada Day festivities in Harris Park

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Most city council candidates have their attention fixed on election day, but for one of them there's a more important day that comes first.

Randy Warden, who hopes to be elected councillor for Ward 5, is one of the most engaged community volunteers in London. The list of organizations he leads or volunteers for is long one, from the Rotary Club of London to the Royal Canadian Legion, and from Garrison Community Council to the city hall advisory committee on community safety.

But he's also the founder and chairperson of London Celebrates Canada, the organization behind the Canada Day events in Harris Park. He's been involved for five years, but he insists his nonpartisan work shouldn't be linked to his city hall run.

"I'm not doing that because I'm running for office," Warden said. "I'm doing it because it's the right thing to do. I think it's important that citizens become engaged."

London-born Warden, 54, runs his own consulting business, with a focus on management and security. He used to be a senior figure in the security company Commissionaires, following military service with the 2nd Battalion, Princess Patricia's Canadian Light Infantry, and the 4th Battalion, the Royal Canadian Regiment.

His run for office is based on listening to people, he said. He's become a familiar figure at city hall's public gallery and, each time an issue arises, he goes to meet the people involved.

Warden said he also is determined to see implementation of the "remarkable" London Plan, the city's development strategy for the next 20 years.

Names to know

- The Ward 5 candidates are William Gordon, Steve Hogg, Kevin Labonte, Randy Warden and Michael Wickett.
- The current councillor is Russ Monteith, who this week was chosen by council to replace Joni Baechler when she became mayor.

Elizabeth Dowdeswell

New lieutenant-governor named

Elizabeth Dowdeswell, a former undersecretary general of the United Nations with a long public-service career, has been named Ontario's new lieutenant-governor.

Prime Minister Stephen Harper announced the appointment Thursday, praising Dowdeswell's "wealth of expertise" and her work promoting sustainable development in Ontario and across the country.

"She has been a senior public servant, worked in government, worked in international organizations and non-governmental organizations, business, and also most recently academically focused organizations," Harper said as he introduced the new lieutenant-governor.

"So she brings a lot of public-service experience to the job, and we're delighted, Liz, that you've accepted to do this on behalf of the Crown, on behalf of the people of Ontario."

Dowdeswell replaces David Onley, who held the position for seven years.

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Landmark ruling grants land title to First Nation

Chief Roger William, of the Xeni Gwet'in First Nation, speaks during a news conference in Vancouver on Thursday after the Supreme Court of Canada ruled in favour of the Tsilhqot'in First Nation, granting it title to 438,000 hectares of land. DARRYL DYCK/THE CANADIAN PRESS

Supreme Court.
Decision makes it easier for aboriginal groups to establish title over lands used for hunting, fishing

For the first time, the Supreme Court of Canada has recognized a First Nation's title to a specific tract of land — a historic decision with major implications for contentious energy projects such as the Northern Gateway pipeline.

Thursday's 8-0 decision, which overturned an appeal court ruling, will essentially make it easier for First Nations to establish title over lands that were regularly used for hunting, fishing and other activities.

The landmark ruling is the Supreme Court's first on aboriginal title and will apply wherever there are unresolved land claims.

"The claimant group bears the onus of establishing aboriginal title," Chief Justice Beverley McLachlin wrote in the decision.

"The task is to identify how pre-sovereignty rights and interests can properly find expression in modern common law terms."

Title, however, is not absolute, the top court declared; economic development can still go ahead on land where title is established as long as one of two conditions is met.

Economic development on land where title is established would require the consent of the First Nation. Failing that, the government would have to make the case that development is pressing and substantial and meet its fiduciary duty to the aboriginal group.

In other words, the decision places a greater burden on governments to justify economic development on aboriginal land. The court also makes it clear that provincial law still applies to land over which aboriginal title has been declared, subject to constitutional limits.

Chief Roger William of Xeni Gwet'in, one of six bands that make up the Tsilhqot'in First Nation, said he welcomed the Supreme Court's decision to grant a recognition of aboriginal title to 1,750 square kilometres of territory.

"First Nations across this country have taken legal action, entered into treaty, practised their language and demonstrated use of the land and through this they have supported us — we thank you," he said in a statement.

THE CANADIAN PRESS

'Game changer'

"The court has clearly sent a message that the Crown must take aboriginal title seriously and reconcile with First Nations honourably."

Jody Wilson-Raybould, British Columbia regional chief for the Assembly of First Nations, who, in a statement, called Thursday's decision a "game-changer."

StatsCan. Hate crimes that target sexual orientation more likely to be violent

Most racial or religious hate crimes in Canada involve only mischief, but violence occurs in two-thirds of the incidents in which sexual orientation is the key factor, new data released Thursday suggests.

Police reported 1,414 hate-motivated criminal incidents in 2012, up 82 from the previous year, Statistics Canada said in its latest report on hate crimes.

The agency defines hate crimes as those that are found by police investigations to be motivated by hatred against an identifiable group.

Overall, almost 70 per cent of hate crimes reported by police were non-violent, with mischief — incidents such as vandalism, graffiti and other destruction of property — as the most common offence.

However, two-thirds of hate crimes involving sexual orientation involved violence, as did a third of those involving racial or ethnic hatred, Statistics Canada reported.

Violence occurred in only 13 per cent of religiously motivated hate incidents.

The agency said just over half of all hate crimes in 2012 involved racial or ethnic motives, while 30 per cent involved hatred toward a particular religion, including crimes targeting Jews, Muslims and Catholics.

Another 13 per cent of incidents were motivated by sexual orientation, while the remaining six per cent were motivated by language, mental or physical disability, sex, age or some other characteristic, such as occupation or political belief.

Blacks were most likely to be victims of racially motivated hatred, with 21 per cent of all incidents aimed at them. But Jewish populations were the most common target of religious hatred, comprising 17 per cent of incidents.

THE CANADIAN PRESS

By the numbers

The 2012 statistics suggest that hate crimes tend to be committed by young men.

- Among persons accused of hate crimes, 57 per cent were under the age of 25, and this group was accused of two-thirds of hate crimes motivated by sexual orientation.
- Victims, too, tended to be young, with 40 per cent under the age of 25. More than half of the victims of sexual orientation hate crimes were under 25.

30% by 2019. Report urges corporate Canada to aim for greater gender balance

Canadian companies should aim to have 30 per cent of their boards made up of women by the end of the decade, with the ultimate goal being full gender balance, urges a report Thursday by a federal advisory group.

The report, titled Good for Business: A Plan to Promote More Women on Canadian Boards, believes the 30 per cent target is a "reasonable national target" that can be achieved by 2019 and would put corporate Canada on track to achieve gender equality on boards.

"Our government believes that increasing opportunities for women to serve on corporate boards makes good business sense for Canadian women and for Canada's economy," Dr. Kellie Leitch, federal minister of labour and status of women, said in a statement.

The report, by the ad hoc federal Advisory Council for Promoting Women on Boards, also recommends that publicly traded companies put in place "comply and explain" policies that would set internal goals on how to achieve gender balance as well as provide annual updates on their progress.

According to the report, women held 15.9 per cent of seats on the boards of the country's 500 largest public and private companies as of 2012. THE CANADIAN PRESS

Quoted

"The research is very clear. Increasing the representation of women on boards is good for business and associated with higher profitability."

From the report Good for Business: A Plan to Promote More Women on Canadian Boards

Toronto

Four men charged after heroin found woven into carpets

Four Toronto-area men have been charged after police say 20 kilograms of heroin was discovered concealed in strings and woven into carpets that were imported from Pakistan.

RCMP say they were contacted by border services officers who discovered the heroin at Pearson International Airport.

Police say they arrested three suspects at a Toronto business on June 20 and arrested a fourth at a Toronto residence.

RCMP say false ID and cash were also seized.

Tajudeen Fanikayode, 52, Saidi Sanni Olufeko, 38, and Peter Ajiri, 34, all of Toronto, along with Akeem Onaola, 46, of Mississauga, are charged with importing drugs into Canada, possession for the purpose of trafficking and conspiracy.

They are being held in custody and police say more charges are pending. THE CANADIAN PRESS

International acts

Tories change tune on charging fee to foreign musicians

Ottawa has effectively eliminated a fee charged to international musicians that critics complained was deterring acts from abroad from playing in Canadian bars, pubs and restaurants.

The removal of a work permit requirement for foreign musical acts, part of the government's overhaul of the controversial temporary foreign worker program, went largely unnoticed amid a spate of other measures announced last week.

Last summer, in their zeal to start cracking down on temporary foreign workers in the face of mounting criticism, the Conservatives added a $275 processing fee on top of a $150 work permit for each member of a musical act from outside the country who was hired to play small Canadian venues.

NDP MP Andrew Cash, a longtime musician, had faint praise for the Tories Wednesday, saying, "They corrected something incredibly dumb that they shouldn't have implemented in the first place." THE CANADIAN PRESS

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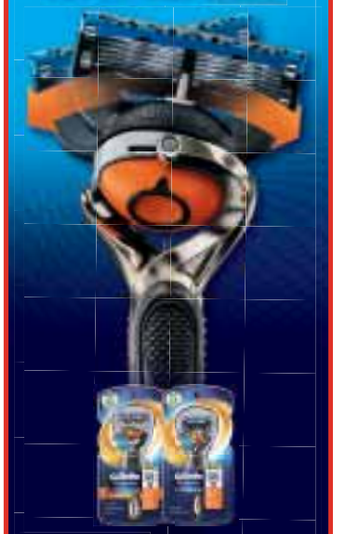

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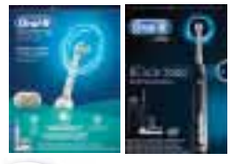

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Growers of medical marijuana put illegal grow-ops to shame

First Harvest. Metro reporter gets a peek at modern Ontario facility

JESSICA SMITH CROSS
Metro in Toronto

The 55,000-square-foot MedReleaf warehouse in Markham, Ont., is unassuming from the outside with the exception of a faint but recognizable smell.

Metro agreed to keep the exact location of the medical marijuana production facility a secret to protect the people who work there and the thousands of plants inside.

The company is one of 20 marijuana producers licensed by Health Canada so far.

Medical pot hangs in the drying room of the MedReleaf plant in Markham. COURTESY ALEXANDER E. REPETSKI/MEDRELEAF

AUGMENTED REALITY

→ Take a deeper look inside MedReleaf's Markham, Ont., facility by scanning the photo with your Metro News app and viewing a photo gallery of reporter Jessica Smith Cross's tour.

→ See the full instructions on Metro's Voices page.

The Tour

Inside MedReleaf's pot plant, workers and guests are constantly monitored on video surveillance, mandated by Health Canada. The doors between growing rooms are secured with electronic locks.

Before seeing any marijuana, our small group — which includes MedReleaf COO Tom Flow, head of quality assurance Angelo Fefekos and communications staff — enters a decontamination room, puts on white clean-room suits, hair nets, gloves and booties, and passes through an airlock.

That level of contamination control is not mandatory, but MedReleaf trademarked its marijuana as "medical grade standard" pot, so the procedures are in line with those at pharmaceutical facilities that make traditional drugs.

Everything from the flooring to the HVAC is engineered to keep things hygienic, and the plant meets the ISO class 8 standard, like an operating room, according to Fefekos, whose previous job was manager of Diagnostic Medical Genetics at Mount Sinai Hospital in Toronto. Fefekos was recruited by MedReleaf CEO Neil Closner, who was vice-president of Business Development at the hospital.

The 'mother room'

After the airlock, we enter the "mother room," where there are rows of pot plants under 1,000-watt bluish lights. Here are the 23 strains of pot the company is currently producing. Some are varieties Canadian consumers are familiar with, and have words like kush and skunk in their names.

Others come from the Tikun Olam company of Israel, which has been growing medical marijuana for about a decade. A signature strain — Avidekel — is high in cannabidiol (CBD), a non-psychoactive anti-inflammatory, but very low in tetrahydrocannabinol (THC), the chemical that gets users high.

Other strains have high THC and CBD, others are in between. Breeders work from seeds and cross-breed strains.

Clippings from the mother plants, called clones, are kept in a high-humidity "clone room" where they grow roots over seven to 14 days.

Next they're transferred to one of the "flower rooms," where 2,000 to 6,000 plants grow under red spectrum light, are fed a nutrient solution pumped in from an irrigation system, and trimmed.

The Markham pot plant itself is still growing, but according to MedReleaf, it will soon have 10 flower rooms and grow about 150,000 pot plants without pesticide.

When ready for harvest, the plants go to the trimming room. Everything that goes in and out is weighed so nothing goes missing.

The air quality in the trimming room is tested by an air particle counter — dubbed by employees as R2D2 — and employees' gloved hands are tested for contaminants. Health Canada doesn't mandate mid-stage tests like these.

"It's the only way I know how to make a medicine," explained Fefekos.

Employees pick off the leaves and trim the buds before they're hung across metal wire to dry in the drying room, where, on the first day of harvest, a Bob Marley song plays.

When the buds are dry, they'll be either quarantined or released by Health Canada.

All the pot that's good to go will be vacuum-sealed and mailed in unmarked packages.

Any pot that's stored is kept in a vault with two complex locks behind a giant blue cage, which is also locked and secured with an alarm.

The first day of the first harvest was a big deal for some of the employees. Facilities manager Ori Sher said he never expected to find himself doing this. "I was in the IT business for years," he said. "This is pretty far from IT."

Cashing in

A growing industry?

Even though it has yet to ship any pot, executives at MedReleaf see a big future for medical cannabis.

"We can service well over 10,000 patients from this building and we're already looking at expanding to other facilities," said CEO Neil Closner. "We believe it could be quite a big market for those producers who can produce at a level that not only patients want, but physicians feel comfortable prescribing."

According to the government, 920 companies have applied to become producers so far. Of those, 20 have been approved, 407 were returned as incomplete, 163 were refused, 34 were withdrawn by the applicant and 296 are currently being reviewed.

Some companies have elected to raise funds from the market. Several stocks posted big gains just by announcing plans to get in on the medical marijuana market that the Canadian Securities Administrators issued a warning.

"There's clearly a bit of a mania going on, a bubble going on with people rushing to invest in gold-mining companies that all of a sudden add 'marijuana' to their business name and all of a sudden the stock goes up by tenfold in one day," said Closner.

MedReleaf elected to go with private investors who pitched in significant capital to build the company — including its Markham pot plant — because they believe in the product and the investment.

MedReleaf expects to ship its first harvest in a few weeks.

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A message of 'love and hope and equality'

Grand Pride Wedding. The event for lesbian, gay, bisexual, queer, transgender and two-spirited couples may have been first in Canada

Jane Cullingworth and Bonnie Slade could have waited to have their wedding at home in Scotland, where legislation on same-sex marriages will soon be enacted, but that wasn't the way they wanted it.

Instead, the couple flew across the Atlantic to Toronto where they stood alongside 108 others on Thursday as officiants from 12 denominations gave their blessing to the crowd.

The Grand Pride Wedding for lesbian, gay, bisexual, transgender, queer and two-spirited couples was thought to be the first of its kind in Canada and involved individuals from around the world.

"It feels celebratory but also quite political. It's a very strong statement across the world about lesbian, gay, bisexual and transgendered rights," said Cullingworth, 50.

"I think it's a message of love and hope and equality really in it's most simplest form — that everyone should have the right to marry a person that they love."

For Slade, opting to wed her partner of 16 years in Toronto instead of Scotland was an easy decision to make.

"The progressive human rights in Toronto and in Canada, it's incredible really," she said, noting the open celebration of the World Pride festival throughout the city. "It's a real sign of progress."

Richard Laslett and Colin Gunther, a couple who had travelled to the wedding from Australia, also noted Canada's lead on same-sex issues while acknowledging that their union wouldn't be recognized when they got home.

"It's sad, it's embarrassing," Gunther said of Australia's stance on same-sex unions. "But we'll know we're married."

"We're husband and husband now," Laslett added. "That's what really matters to us."

Cindy Su and Lana Yu will face a similar situation when they return to Taiwan, but the couple said they were thrilled to make things official.

"We figured we didn't really want any objection to stop us from doing what we want in life," said Su.

"I'm actually looking forward to what happens when we go back. Maybe in the future there will be some problems with the legality but now that we want to start a family, we have to be really brave."

Over 100 gay couples participate in a mass wedding during World Pride 2014 at Casa Loma in Toronto on Thursday.
DARREN CALABRESE/THE CANADIAN PRESS

Kisses, hugs and tears abounded after the couples at Thursday's wedding said "I do" in unison.

For Inae Lee, being surrounded by such a large group provided a form of support she wasn't able to get from her own family.

"In my parents' mind they don't believe that this can be celebrated. In their mind it's something that's illegal, it's something that's not allowed, it's very sinful," said the 28-year-old who is originally from South Korea.

"I really want to let them know that we are celebrated, and it's OK for us to get married." THE CANADIAN PRESS

Quoted

"It feels celebratory but also quite political. It's a very strong statement across the world about lesbian, gay, bisexual and transgendered rights."

Jane Cullingworth, Scottish attendee who flew across the Atlantic to participate

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Limited time weekly lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,495 to $1,695 depending on 2014 model). EHF tires ($28.45), EHF filters ($1), A/C levy ($100 except Civic DX & Fit DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ‡ Representative weekly lease example: 2014 Civic DX Sedan // 2014 CR-V LX 2WD // 2014 Fit DX // 2014 Accord LX // 2014 Odyssey LX // 2014 Pilot LX on a 60 month term with 260 weekly payments at 0.99% // 1.99% // 0.99% // 1.99% // 2.99% // 2.99% lease APR. Weekly payment is $38.92 // $66.31 // $33.83 // $62.00 // $100.04 // $122.94 with $0 down or equivalent trade-in, and $925 // $1,375 // $2,150 // $1,300 total lease incentive included. Down payments, $0 security deposit and first weekly payment due at lease inception. Total lease obligation is $10,118.96 // $17,396.44 // $8,795.73 // 16,120.73 120,000 kilometre allowance, charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Dealer may lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Visit Westgate Honda for full details.

HONDA

Sobeys to pull plug on 50 stores

Underperforming locations. Most of the closures will be in Western Canada

Sobeys is closing about 50 underperforming grocery stores across the country as it deals with intense competition and tries to squeeze savings from its operations after the acquisition of Safeway in Canada.

About 60 per cent of the affected Sobeys locations will be in Western Canada, while the rest will be spread out across the country, said Marc Poulin, president and CEO of both Sobeys and its parent company Empire Co.

Other facilities and plants could also be closed once further reviews are completed.

"Clearly, we have learned a lot from this process and will assess our options with a view to do what is right for the business," he said in a conference call, after the Nova Scotia-based company released sharply lower quarterly results on Thursday.

"After all, it's all about maximizing the value to the shareholders."

Sobeys did not say how many employees would be laid off and did not respond to requests for a list of locations to be closed. THE CANADIAN PRESS

Background

Earlier this year, Sobeys announced deals to sell some 30 stores in Western Canada including 23 that were part of an agreement with the Competition Bureau in connection with its purchase of Canada Safeway last year.

- After the Safeway deal, Sobeys launched a widespread review to determine which grocery stores fell short of expectations, with the goal of eliminating those that showed no sign of improvement, Poulin said.

Wall Street has a taste for adventure

GoPro's CEO Nick Woodman holds a GoPro camera in his mouth as he celebrates his company's IPO at the Nasdaq MarketSite in New York on Thursday. GoPro, the maker of wearable sports cameras, loved by mountain climbers, divers, surfers and other extreme sports fans, said late Wednesday it sold 17.8 million shares at $24 each in its initial public offering of stock. SETH WENIG/THE ASSOCIATED PRESS

2012 ban was overturned

Big sodas still A-OK in the Big Apple: High court

Big sodas can stay on the menu in the Big Apple after New York state's highest court refused Thursday to reinstate the city's first-of-its-kind size limit on sugary drinks.

But city officials suggested they might be willing to revisit the supersize-soda ban.
THE ASSOCIATED PRESS

Cost of living

Ikea hikes hourly pay by 17% in U.S.

Ikea's U.S. division is raising the minimum wage for thousands of its retail workers, pegging it to the cost of living in each location, instead of its competition.

The 17 per cent average raise, announced Thursday, is the Swedish ready-to-assemble furniture chain's biggest in 10 years in the U.S.
THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.52¢ (+0.25¢)

TSX 15,030.74 (+56.09)

OIL $105.84 US (-$0.66)

GOLD $1,317.00 US (-$5.60)

Natural gas: $4.44 (no change)
Dow Jones: 16,846.13 (-21.38)

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HOT THUGS & THE MJ AFTERLIFE

It's time for another dose of The List, Metro's guide to what's hot this week:

THE METRO LIST
Paul Sullivan
metronews.ca

1 Speaking of Hot. There's hot ... and there's hot. Jeremy Meeks, a 30-year-old gangster from Stockton, Calif. was arrested on weapons charges recently, but his mug shot looks so hot, there's an Internet-spawned movement to set him free, so he can continue to look studly while (allegedly) stealing cars. Be careful what you wish for, America.

2 He's Baaaaack! Like those plastic clowns you punch and they pop back up, Rob Ford just keeps popping up. Unfortunately, he keeps popping up at Toronto City Hall. Fresh out of rehab for various alcohol and drug problems, he's scheduled to return to his civic three-ring circus on June 30. While he was away, city council changed the locks and got a lot done. I can't believe I'm writing this, but he's second in the polls for the next election. Never mind me. Imagine how John Tory feels. He's trailing Rob Ford.

3 He's Not Coming Back. He Doesn't Need To. At least I don't think so. Although you never know with Michael Jackson. It's been five years (five years?!) since the Moonwalker died — June 25, 2014 — to be precise, but the music, oh the music, lives on. And you want hot? The King of Pop has made $700 million since he died. That's more than Jay-Z, Taylor Swift and Kanye West combined. He's just not like other boys.

4 Overbite Sensation. It's been quite the week for Bad Boys, but No. 1 with a bite has to be Luis Suarez, the Uruguayan soccer star who has bitten not one, but two World Cup opponents. No doubt worried that other squads won't play unless Suarez is fitted with a muzzle, FIFA has banned him for the next four months and that includes the rest of the World Cup. That's going to take a bite of out Uruguay's hopes, as Suarez is definitely their sharpest player.

5 Reality TV Sucks. News flash: TV is bad for your health. Apparently, watching Howie Mandel match wits with Howard Stern on America's Got Talent is a quick ticket to a fast exit. A Spanish study of more than 13,000 healthy adults found that spending more than three hours a day watching TV doubles your chances of an early death. As usual, Mom was right all along. Too bad she's no longer with us ... Grey's Anatomy, you know.

6 Neanderthal Time Capsule The week's most significant scientific discovery: the world's oldest poop. The Spanish again. This time, they discovered a 50,000-year-old pile of Neanderthal coprolites, or fossilized feces, and it seems there may be more to the Paleo diet than we thought. Along with the mammoth steaks and reindeer burgers, they found clear evidence of veggies: Berries, nuts and tubers. Nouveau cavemen. Who knew?

Follow The Metro List on Twitter @TheMetroList

ONE IN A FEW DOZEN

Koushski, a seven-year-old male Asiatic cheetah, crouches at the Miandasht Wildlife Refuge in Jajarm, northeastern Iran. Iran is conducting a campaign to rescue Koushski and his kind. To see more images of Koushski's life on the reserve, scan this image with your Metro News app. ALL PHOTOS VAHID SALEMI/THE ASSOCIATED PRESS

Iran looks to save last of the Asiatic cheetahs

Iran is rushing to try to save one of the world's critically endangered species, the Asiatic cheetah, and bring it back from the verge of extinction in its last refuge.

By the numbers

50-70

Estimated number of Asiatic cheetahs that remain in Iran, mostly in the east of the country.

The Asiatic cheetah, an equally fast cousin of the African cat, once ranged from the Red Sea to India, but its numbers have shrunkin the past century to the point that the species is now hanging on by a thin thread.

Once known as "hunting leopards," Asiatic cheetahs were traditionally trained for emperors and kings in Iran and India to hunt gazelles. They disappeared across the Middle East about 100 years ago, although there were sightings in Saudi Arabia until the 1950s.

Iran's efforts have been given a symbolic boost at the World Cup in Brazil, where Iran's team wore images of the cheetah on their uniforms.

THE ASSOCIATED PRESS

The conservation work

With help from the UN, the Iranian government has stepped up efforts to rescue the species.

- Cameras have been set up around cheetah habitats to watch for threats.
- Authorities built shelters in arid areas so cats can have access to water.
- They've reached out to nearby communities, training them how to deal with cheetahs and promising compensation for killed livestock.

METRO AUGMENTED REALITY

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MetroTube

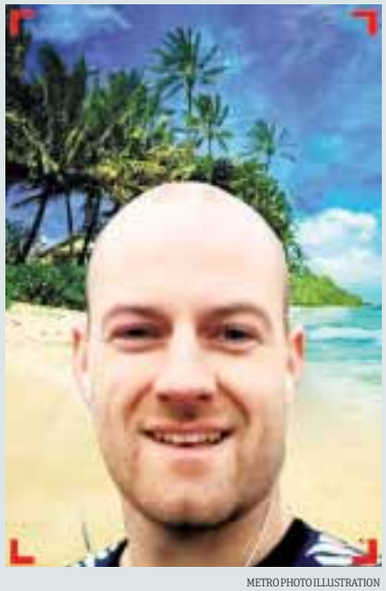
Lies, damned lies and status updates

ANDREW FIFIELD
andrew.fifield@metronews.ca

In an alarming development for our hyper-connected world, it has come to our attention that the lives reported by Facebook users may not be entirely accurate. And the scandal has been brilliantly exposed by the Higton Bros.

Those happy couples? They fight every night. Those delicious looking meals? Screengrabs taken from Buzzfeed listicles. Same goes for the vacation pics.

Facebook is a green screen and the posts are computer-generated special effects. What a wicked world. (HigtonBros./YouTube)



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A wide-ranging action orgy

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Catch Mark Wahlberg and his alien robot buddies in Transformers: Age of Extinction this weekend. CONTRIBUTED

Synopsis

The action begins when unemployed robotic engineer Cade Yeager (Mark Wahlberg) and daughter Tessa (Nicola Peltz) uncover deactivated Autobot Optimus Prime (Peter Cullen) hidden under a pile of junk. Their discovery puts them under the microscope of CIA agent Harold Attinger (Kelsey Grammer) and tech tycoon Joshua Joyce (Stanley Tucci). The two are hatching a plan, fuelled by equal parts paranoia and genius, to build man-made second generation Transformers to seek out and destroy the Autobots.

- **Richard:** ●●●○○
- **Mark:** ●●○○○

AUGMENTED REALITY

→ Want to see a clip from Transformers: Age of Extinction? Scan this photo with your Metro News app for a sneak peek.

→ See the full instructions on Metro's Voices page.

Transformers: Age of Extinction. This flick may be excessive on just about every level, but you'll definitely love it — if you're a 12-year-old boy

Richard: Mark, everybody loves spectacle. The Romans had the Coliseum and we have the Transformers movies. Like the gladiatorial shows of yore, in Michael Bay's movies it doesn't matter who lives or dies — the films don't care about their human characters and neither do we — all that matters is the spectacle of the whole thing, and at an almost frenetic three hours, Age of Extinction certainly delivers on that score.

For many, getting value per minute for their movie dollar will be enough, but do you, like the old Roman emperors, give this a thumbs up or down?

Mark: Richard, I was glued to my seat throughout! You see, some idiot had spilled epoxy on the seat before I sat down and it took the full two-and-three-quarter hours to wriggle out of my jeans.

I have never been able to sit through a Transformers movie, but epoxy aside, at least this one had a coherent story, some decent acting thanks to Wahlberg, Stanley Tucci and Kelsey Grammer, and some exciting chase sequences.

I just can't wrap my head around watching a bunch of Swiss Army knives on steroids bashing each other. But then again, I'm not a 12-year-old boy.

RC: No one can accuse Bay of skimping on ... well, anything. Age of Extinction is a wide-ranging action orgy that plays off of Bush-era Homeland Security paranoia and also explains why dinosaurs became extinct. It comments on the ethics of unarmed warfare and blows up most of Hong Kong. Bay doesn't do anything by half measures but I found myself wishing the movie was about half as long as it is with half the bombast.

It's stylish: "Why run when you can run in slow motion?" Bay seems to be asking, not unlike a car commercial. But it's excessive on almost every level. I don't expect or want My Dinner with Optimus Prime, but in this case I think less would have been more.

MB: My feelings here are complicated. I used to take it for granted that this kind of direction was evidence of a hack sensibility, which assumes that quantity makes viewers forget quality — a real cynic's position. But watching this instalment, I'm no longer so sure.

I think Bay really believes that these grand excesses are heroic, even Shakespearean. Its running time is equal to Hamlet. The movie is cheesy and schlocky, for sure, but the one possible grace note is Bay's commitment to the drive of the film. Too long, for sure, but at least this movie moves.

RC: Shakespeare never wrote a play about a giant alien robot playing bucking bronco with a humungous dinobot. That's all Bay.

MB: Or had a billion-dollar grossing movie. That's all Bay St.

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Evil, decades in the making

Sowing sinister seeds. Director Scott Derrickson blends police procedural and possession drama in his latest offering

CHRIS ALEXANDER
scene@metronews.ca

If the trailers and advance word of mouth are any reliable barometer, the upcoming shocker Deliver Us From Evil (based on the fact-based book by Ralph Sarchie) just might be the American horror movie of the year. It certainly boasts high pedigree in its director.

Scott Derrickson has been a top draw in Hollywood for almost 20 years, penning and directing such hits as The Exorcism of Emily Rose, the remake of The Day the Earth Stood Still and 2012's blockbuster horror film, Sinister. The success of that latter chiller influenced the production of Deliver Us From Evil but Derrickson has had a hand in the long-gestating project for decades.

"(Producer) Jerry Bruckheimer brought the book to me in 1994," notes the director.

"His take was basically, 'Let's make Serpico meets The Exorcist', which I thought was the coolest thing I've ever heard. So I got the job, wrote the first couple of drafts of the script, and then he decided to have another writer on board. But while I was in N.Y.C. I got to spend a week with Ralph, got to know him very well and Ralph was the guy who gave me an out-of-print copy of the book The Exorcism of Annaleise Michel, which I optioned for 100 bucks and turned into The Exorcism of Emily Rose. True Story!"

The Sarchie script — then called Beware the Night — saw three other writers tinker with it in an attempt to 'improve' it, before Bruckheimer put it on the shelf. Then, after the runaway success of Sinister, things changed.

"When Sinister came out," explains Derrickson, "Screen Gems asked me what I wanted to do next and I told them about Beware the Night. They read my first draft and said, 'We want to make this movie with you.' So here we are."

Retitled Deliver Us From Evil, Derrickson's thriller is indeed a blend of police procedural and possession drama. It chronicles the on-screen version of Sarchie (played by Eric Bana), an New York City cop who teams up with a priest to examine the possibility of a spate of urban violence being linked to the supernatural. Filled with explicit violence but tempered by deeply etched character arcs, it's a film that defies easy categorization. Derrickson claims this was by design.

"It's one of the highest testing movies ever and it's scary. Audiences loved it. But when they were asked if it was a horror film or a supernatural thriller, they didn't know how to answer. I do think it is as much a horror film as it is a cop film and that was the goal, no half and half, rather 100 per cent both genres sharing space."

Quoted

"Audiences loved it. But when they were asked if it was a horror film or a supernatural thriller, they didn't know how to answer."

Director Scott Derrickson on his new film Deliver Us From Evil

Deliver Us From Evil opens next Wednesday. CONTRIBUTED

Bates on blowing up the big screen

Tammy, starring Kathy Bates, opens next Wednesday. CONTRIBUTED

Tammy. Kathy Bates gets a little wild in her latest role — and reflects on working with rookie film directors

NED EHRBAR
Metro World News in Hollywood

Oscar-winning actress Kathy Bates doesn't suffer fools gladly, especially on a film set. Luckily she didn't have to worry about that too much on the set of Tammy, working with a first-time director — Ben Falcone — who didn't behave like a novice. But she was ready to speak up if need be.

I was curious how much you enjoy blowing stuff up in real life.
Well, I wish I could. There's a few producers I'd like to blow up, that's for sure (laughs). No, it was really fun to get that out of your system. It was fun to blow up the car — and have the fun without it being real, obviously. And I was very proud of myself that I was able to hit the jet ski with the tiki torch consistently. That was thanks to my "wife," Sandra Oh, who encouraged me and gave me the idea that this was something I did when I was in college, that I was actually able to toss a javelin and do track back then.

You and Sandra Oh make a nice couple, actually.
I was happy that the gay relationship was really the most healthy relationship in the movie. When I went into it, I thought, how do you play gay? Unless you're going to make a caricature out of it. I mean, gay or straight, it's a sexual preference or a gender, almost, the way you're born, I feel, and so how are you going to play something like that? With Sandra, she really brought a lot to that relationship. It was such a comfortable relationship to have with her. I just respect her so much as an actress, and she's a beautiful, beautiful person inside and out, so it was easy to pretend that we were in love and had been for many, many years. I think sometimes it's more difficult for lesbians now to be accepted. The men sort of were the vanguard .... Although I think still we've got a way to go on that because there are still unfortunately hate crimes that are going on, but I think because of women's place in society in general, period, I think it's been difficult for lesbians to become as accepted as gay men.

I don't know if there's a measure for that.
Yes, I don't think there's a measure of that, you're exactly right. I wanted to make it clear in (the film) that we worked for everything we had ... Back then it was very difficult to be accepted as a gay woman.

Being an actress as well as a director yourself, how do you find actor-directors compare other types of directors?
I've always felt — and this comes from years of experience but also working at Sundance at the film labs — that there are many, many talented young writer-directors, and they always ask how to talk to actors because their focus has been on technical aspects of the camera. I think that a lot of time young, inexperienced directors will take the scene from the top and they'll go over and over and over again until they get the performance that they want, and they think it's just going to happen by chance, that it's like taking a running you-know-what at a doughnut. It's just catch as catch can and it's wearing on the actors, but that's how they learn.

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Kongero (Sweden) * Ricardo Lemvo & Makina Loca (USA) * Mokoomba (Zimbabwe)
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Lorraine Klaasen (South African) * Lazo (Dominican/Reggae)
Lemon Bucket Orchestra (Balkan/Klezmer/Gypsy/Punk)
Les Poules à Colin (Trad Québécois Folk) * Le Vent du Nord (Trad Québécois Folk)
Light of East Ensemble (Middle Eastern/Mediterranean) * Manteca (Jazz/World Orchestra)
Joel Miller & Honeycomb (Jazz/Latin) * Orchid Ensemble (Chinese & beyond)
Denise Pelley (Soul/Jazz) * KC Roberts & The Live Revolution (Funk/Jazz/Rock/Urban)
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Mustang Drive-In -London
2551 Wilton Grove Rd.

22 Jump Street (14A) Fri-Thu 9:40
Blended (PG) Fri-Thu 12:30
Neighbors (18A) Fri-Thu 11:30
Oculus (14A) Sat-Mon 2:30
Trailer Park Boys: Don't Legalize It (14A) Sat-Mon 1:10
Transformers: Age of Extinction (PG) Fri-Thu 9:45

Hyland Cinema
240 Wharncliffe Road South

112 Weddings (PG) Fri 7 Sat 3:05 Sun 3:10 Mon 5:05 Tue 5:10 Wed 7:10 Thu 3:05
Belle (PG) Fri 5 Sat 1-9:10 Sun 5 Mon 7 Tue 1 Wed-Thu 1-9
Chef (14A) Fri 1-8:45 Sat 7 Sun-Mon 1-9 Tue 3-7 Wed 3:05 Thu 4:55
Fargo (R) Fri 11
The Grand Budapest Hotel (14A) Fri 3:05 Sat 4:55 Sun 7:05 Mon 3:10 Tue 9:10 Wed 5:15 Thu 7:05

Rainbow Cinemas London

355 Wellington St.

22 Jump Street (14A) Fri-Thu 12:50-3:25-7:15-9:40
Deliver Us From Evil (14A) Wed-Thu 1:15-3:50-7:05-9:45
Earth to Echo (PG) Wed-Thu 1:10-3:15-7:10-9:15
Edge of Tomorrow (PG) Fri-Tue 1:15-3:50-7:20-9:45
The Fault in Our Stars (PG) Fri-Tue 1:05-6:55
How to Train Your Dragon 2 (PG) Fri-Thu 1-3:30-7-9:20
Jersey Boys (14A) Fri-Thu 1-3:45-6:50-9:35
Maleficent (PG) Fri-Tue 1:20-3:35-7:05-9:25
Tammy (14A) No Passes Wed-Thu 1:05-3:20-7:20-9:35
Transformers: Age of Extinction (PG) No Passes Fri-Thu 12:55-4:10-7:40
X-Men: Days of Future Past (PG) Fri-Tue 3:40-9:30

Think Like a Man Too. CONTRIBUTED

Wellington 8 Cinemas
983 Wellington Rd. S,

22 Jump Street (14A) Fri-Thu 12:50-3:30-7-9:30
Deliver Us From Evil (14A) Wed-Thu 12:20-3:25-7:15-10
Earth to Echo (PG) Wed-Thu 12-2:45-6:40-9:20
The Fault in Our Stars (PG) Fri-Tue 12:40-3:40-7:10-10
The Grand Seduction (PG) Fri-Tue 12-2:45-6:40
How to Train Your Dragon 2 (PG) Fri-Thu 3:20
How to Train Your Dragon 2 3D (PG) Fri-Tue 12:30-6:50-9:20 Wed-Thu 12:30-6:50
Jersey Boys (14A) Fri-Mon 12:10-3:15-6:30-9:40 Tue 12:10 Wed-Thu 12:10-3:15-6:30-9:40 Tue 3:15-6:30-9:40
Maleficent (PG) Fri-Tue 2:50
Maleficent 3D (PG) Fri-Tue 12:20-7:15-9:50
Tammy (14A) Wed-Thu 12:40-3:40-7:10-9:50
Transformers: Age of Extinction (PG) Fri-Thu 2:30-7:30
Transformers: Age of Extinction 3D (PG) Fri-Sun 11:45-3:10-6:45-9:45-10:15 Mon 11:45-3:10-6:45-9:45 Tue 9:45-10:15 Wed-Thu 11:45 Mon 10:15 Tue 11:45-3:10-6:45 Wed-Thu 3:10-6:45-9:45-10:15

Cineplex Odeon Westmount & VIP Cinemas
755 Wonderland Road South

22 Jump Street (14A) Fri-Thu 12:10-4:50-7:50-10:40 Fri 2:50-7:10-9:45 Sat 12:30-4:30-7:10-10:15 Sun 12:30-4:30-7:10-9:45 Mon 2:50-7:10-10:15 Tue 12:30-4:30-7:10-10:15 Wed-Thu 2:50-7:10-10:15
Earth to Echo (PG) Wed-Thu 12:30-2:50-5:10-7:30-9:50
Edge of Tomorrow 3D (PG) Fri-Thu 1:30-4:30-7:20-10:15
The Fault in Our Stars (PG) Fri-Tue 12:40-3:40-6:50
How to Train Your Dragon 2 (PG) Fri-Thu 12:05-2:35-5:05
How to Train Your Dragon 2 3D (PG) Fri-Thu 7:40-10:20
Jersey Boys (14A) Fri-Thu 12:20-3:20-6:40-9:45
Maleficent (PG) Fri-Tue 11:55-2:30-5
Maleficent 3D (PG) Fri-Tue 7:30-10:10
Tammy (14A) No Passes Wed-Thu 12:40-3:05-5:30-8-10:25
Transformers: Age of Extinction (PG) No Passes Fri-Tue 1-2:45 No Passes Wed 2:45 No Passes Thu 1-2:45 No Passes Fri 3:40-5:45-9:15 No Passes Sat-Sun 2:10-5:45-9:15 No Passes Mon 3:40-5:45-9:15 No Passes Tue 2:10-5:45-9:15 No Passes Wed-Thu 3:40-5:45-9:15 Star & Strollers Screening, No Passes Wed 1
Transformers: Age of Extinction 3D (PG) No Passes Fri-Thu 6:20-10 No Passes Fri-Thu 12-3:30-7:05-10:35 No Passes Fri 3:10-6:40-10:15 No Passes Sat 1-3:10-6:40-9:45 No Passes Sun 1-3:10-6:40-10:15 No Passes Mon 3:10-6:40-9:45 No Passes Tue 1-3:10-6:40-9:45 No Passes Wed-Thu 3:10-6:40-9:45
X-Men: Days of Future Past (PG) Fri-Tue 9:50

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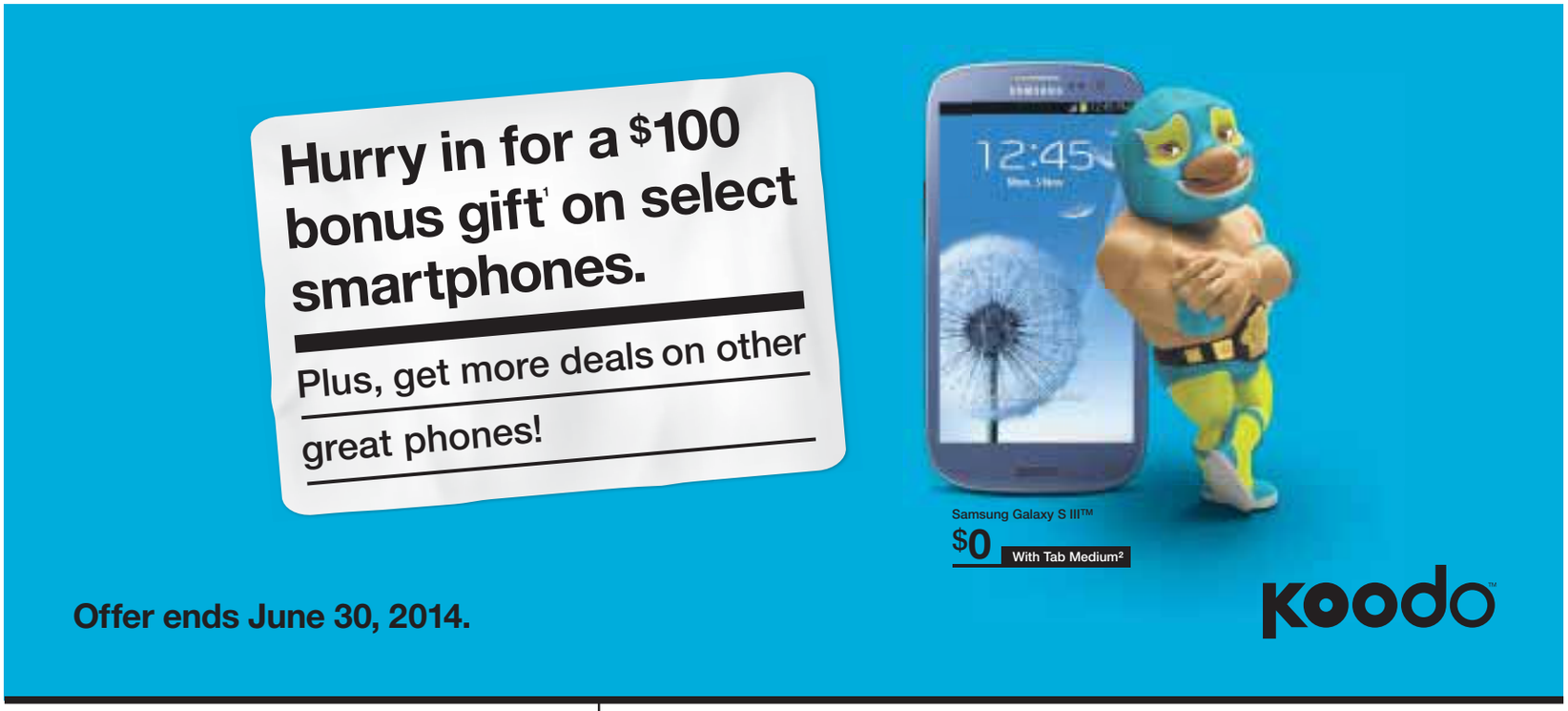
1680 Richmond St

22 Jump Street (14A) Fri 12:20-2:45-5:15-8:05-10:50 Sat 11:45-2:15-5:15-8:05-10:50 Sun 12:20-2:45-7-9:40 Mon-Thu 12:20-2:45-5:15-7:45-10:30
Cloudy With a Chance of Meatballs 2 (G) Wed 12:35
Deliver Us From Evil (14A) No Passes Wed-Thu 2-4:50-7:40-10:30
Edge of Tomorrow 3D (PG) Fri-Thu 12:30-3-5:30-7:55-10:40
The Fault in Our Stars (PG) Fri-Tue 1:20-4:20-7:20-10:20 Wed-Thu 1:20-4:20-7:20-10:05
Godzilla (PG) Fri 12:50-3:30-7:30 Sat 4:50-7:30 Sun-Tue 12:50-3:30-7:30
How to Train Your Dragon 2 (PG) Fri-Thu 2:30-4:55 Fri 12:30 Sat 12 Sun-Tue 12:30 Wed 12:10 Thu 12:30
How to Train Your Dragon 2 3D (PG) Fri-Thu 7:10-9:30 Sat 11:30
Jetsons: The Movie (STC) Sat 11
Maleficent (PG) Fri-Thu 12:15-2:45-5:25
Maleficent 3D (PG) Fri-Tue 8-10:30 Wed-Thu 7:50-10:10
National Theatre Live: The Curious Incident of the Dog in the Night-Time Encore (STC) Sat 12:55
Neighbors (18A) Fri-Sat 10:25 Mon-Tue 10:25
Tammy (14A) No Passes Wed 3:20-5:40-8:05-10:25 No Passes Thu 12:40-3:10-5:40-8:05-10:25 Star & Strollers Screening, No Passes Wed 1
Think Like a Man Too (PG) Fri-Sat 12:15-2:40-5:25-8:10-10:45 Sun 3:10-5:25-7:55-10:15 Mon-Thu 12:15-2:40-5:25-7:50-10:15
Tiger & Bunny the Movie: The Rising (STC) Sun 12:55
Transformers: Age of Extinction (PG) No Passes Fri 2:50-6:35-10:20 No Passes Sat 1:05-4:50-8:35 No Passes Sun-Thu 2:50-6:35-10:20
Transformers: Age of Extinction — An IMAX 3D Experience (PG) No Passes Fri-Sat 12:10-3:40-7:15-10:50 No Passes Sun-Thu 12:10-3:40-7:15-10:40
Transformers: Age of Extinction 3D (PG) No Passes Fri 1:10-2:10-5:05-6:05-8:50-9:50 No Passes Sat 11:15-2:10-2:50-6:05-6:35-9:50-10:20 No Passes Sun-Tue 1:10-2:10-5:05-6:05-8:50-9:50 No Passes Wed-Thu 1:10-5:05-8:50
WWE Money in the Bank - 2014 (STC) Sun 8
X-Men: Days of Future Past (PG) Fri-Sat 1-3:50-7:25-10:35 Sun 1-3:50-10:35 Mon-Thu 1-3:50-7:25-10:35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Yorkdale Mall

BATTLE of TV DRAMAS

AVG. VIEWERS 2013/2014 (ALL FIGURES FROM THE U.S. EXCEPT SHERLOCK (U.K. FIGURES)

	GAME OF THRONES	THE WALKING DEAD	MAD MEN	HOUSE OF CARDS	ORANGE IS THE NEW BLACK	BREAKING BAD	THE GOOD WIFE	TRUE DETECTIVE	SHERLOCK	DOWNTON ABBEY	HOMELAND
AWARDS	62	18	72	9	8	72	20	3	4	37	39
NOMINATIONS	135	68	188	29	13	147	104	7	7	105	67
IMDB MOVIE-meter RANKING (THE LOWER THE NUMBER, THE BETTER)	2	30	86	65	1	20	197	56	48	174	144
IMDB USER RANKING (OUT OF 10)	9.5	8.7	8.7	9.1	8.5	9.6	8.2	9.4	9.3	8.8	8.6

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MELINDA TAUB
Metro World News

If you were watching Thursday's World Cup game between the U.S. and Germany, which Germany won 1-0, you may have noticed that the U.S. side's secret weapon was absent from the field. Who's that, you ask? No, not star Jozy Altidore — who went down with an injury in the team's very first game of the tournament — but rather Will Ferrell.

The Anchorman star visited U.S. World Cup headquarters in Brazil this week, where he indicated he was ready and willing to pull a Suarez for America in Thursday's game.

Raising the fist of a soccer fan dressed as President Teddy Roosevelt, Ferrell led the crowd in chants of "USA! USA!"

"I'm so honoured to be playing (Thursday)," Ferrell said. "I'm not gonna lie to you, I'm not in soccer shape right now, but I'm gonna try my best ... If the game gets close, I will bite the opponent. I will bite every German player if I have to."

Ferrell also promised to reunite with fans after the game to party. "Look for the guy sitting next to Teddy Roosevelt in a red, white and blue bikini top," he said.

LONDON TRANSIT NEWS

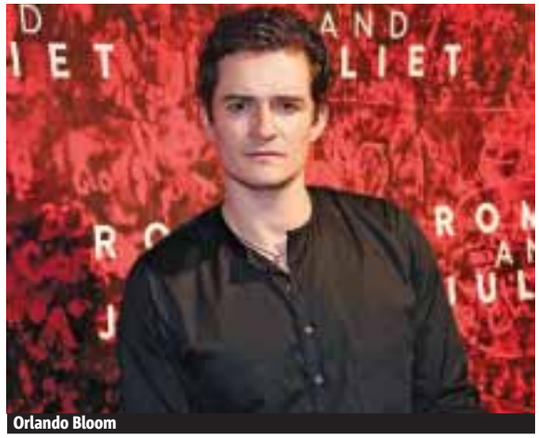
Canada Day, July 1, 2014

Buses will operate on a Sunday schedule on Tuesday, July 1, 2014 in observance of Canada Day.

Downtown Ticket Office will be closed on Tuesday, July 1. Regular service hours will resume on Wednesday July 2.

my bus info

www.ltconline.ca 519-451-1347


Orlando Bloom

Orlando's hard partying may have been the reason Miranda called it quits

It seems the secret ingredient to Orlando Bloom and Miranda Kerr's divorce was his penchant for drinking. Sources tell Radar Online that Bloom has a tendency to "black out" and "become someone else" when partying, which Kerr couldn't stand. The source points to one particular party last year just before their separation was announced. "Orlando got wasted at one of Ian McKellan's famous dinner parties, which was mostly just a wine party. Miranda hates when Orly gets drunk the way he does because he often blacks out and forgets where he is," the source explains. "Someone usually walks him home just to be safe, but I think the drinking was the flaw Miranda used to file the divorce."

Better than the Oscar? Jared Leto named Sexiest Vegetarian Celebrity

As if the Oscar wasn't enough, Jared Leto now has the title of Sexiest Vegetarian Celebrity to be proud of, thanks to PETA. Of course, he has to share the honour with X-Men: Days of Future Past star Ellen Page, who was named as his female counterpart in the realm of sexy vegetarianism, according to E! News. Leto beat out Joaquin Phoenix, Samuel L. Jackson, Peter Dinklage and Woody Harrelson for the honour, while Page smoked Ariana Grande, Mad Men star Jessica Paré, Laura Prepon and Sarah Silverman. Leto recently divulged to the U.K. edition of GQ magazine that he's been meat-free for "20 solid years."

Jared Leto

Twitter

@ParisHilton
Just finished an amazing massage & bubble bath. Now time for bed. Have to wake up early to shoot my other music video for my song #ComeAlive

@JonahHill
I'm thinking about starting a band. Traditionally, people have always liked when actors do that, right?

@jtimberlake
gotta say guys... I kind of miss Blockbuster Video.

Will a video of Selena and Justin gone wild leak?

So much for the attempts to clean up Justin Bieber's image. The troubled pop star's reunion with girlfriend Selena Gomez has apparently taken a turn for the wild. "They have been partying nonstop. They clearly aren't worried about their behaviour," a source tells InTouch.

But they might be worried soon, as sources tell the magazine that an unidentified individual is looking to sell video footage of the pair allegedly snorting cocaine at L.A. nightclub 1Oak on June 16. "They get caught doing lines" on the video, the source says. "Someone's trying to get paid for it."

Coincidentally, Gomez received a visit from police the morning of June 17 because her neighbours had lodged noise complaints. Gomez's family is reportedly "terrified (the reunion) won't end well," another source tells the magazine.

"This time, they think Selena is going to have to hit rock bottom before she realizes Justin isn't good for her. She's pretty much lost most of her friends and family because of this toxic relationship — and she still doesn't care."

For those playing along at home, June 16 was also the day that both Bieber and Gomez posted Instagram photos from a Bible study group, so at least now we know how they like to unwind after some group prayer.

Selena Gomez ALL PHOTOS GETTY IMAGES

Liquid Assets

Condiments take the lead

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

My resolution to be bolder when I barbecue this season is going ... slowly.

While I may have had dreams of planked salmon and racks of baby back ribs dancing on my grill, the lowly hamburger and hot dog just keep calling.

Not that they can't be considered haute cuisine, there are plenty of glossy cookbooks dedicated to both. What I really love is that you don't have to get fancy when looking for a wine match. The thing to remember is that the meat involved isn't the star of the show. It's everything you pile on top that dictates the pairing. Sugary condiments, hot peppers, cheese, sauerkraut — you name it, someone is layering it between their buns. Off-dry red and white wines are the most accommodating because they can roll with the sweet extremes and smother the fire of anything hot.

California's Revolution Red ($9.49 - $12.99) is a bright, berry-forward wine with a touch of residual sweetness. With more body than you might expect at its price-point, it makes a great partner with simple barbecue fare.

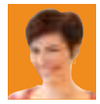
PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A big bowl of Canada

Serve this salad up at your Canada Day get-together for a truly patriotic dining experience. THERESA ALBERT

Cross-Canada Salad.

Ten provinces, three territories, one dish with ingredients from coast to coast



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Starch

Highly nourishing grains like barley and flax grow in Manitoba and Saskatchewan. Flax is a golden or brown seed that is high in fibre and good fat. Soaking or simmering creates a soluble fibre gel that is beneficial. Barley, meanwhile, serves up a base of fibre and nutrients.

P.E.I. grows potatoes and the mini red ones can be tossed into the grain pot so everything simmers together to create a new twist on summer's ubiquitous potato salad.

Salad dressing

If you've never seen a canola field in bloom in a province like Alberta, you missing out on beautiful golden yellow fields that generate an oil seed that is in demand all over the world. The other yellow crop grown in many provinces including Ontario is mustard seed, which is a great binder in vinaigrette.

Apples grow across Canada, including in Newfoundland and New Brunswick, so apple cider vinegar is a must. Quebec maple trees are tapped for their sweet sap that adds a piquant sweetness to a savoury dish.

Greens are grown everywhere so a tiptoe through the farmland will deliver bitter dandelion and chives.

Protein topping

In British Columbia, Northwest Territories and Nunavut salmon is a deep and ancient part of the culture. The other coast of Nova Scotia serves up crab. To make life simple, go for the canned stuff. It's simple to use but equally delicious and nourishing.

According to Agriculture Canada, the Yukon's biggest export is cattle and forage, so Greek yogurt, the popular dairy product, will lend a creaminess and protein to the seafood salad topping.

1. In a large pot, bring water, a pinch of salt, potatoes, barley and flax seed to a boil, cover, and turn down to simmer for 30 minutes. When cooked, stir in 1/4 cup of vinegar, salt and pepper.

2. Whisk 1/4 cup canola oil, 1/4 cup apple cider vinegar, maple syrup and mustard for dressing.

3. Mix drained salmon and crab with Greek yogurt and 1 tbsp mustard plus chives.

4. Layer salad with barley mixture on the bottom, topped with dandelion or other greens then seafood salad. Drizzle with dressing. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 6 cups water
- 1 cup pearl barley
- 1/4 cup flax seeds
- 1 lb mini red potatoes
- 1/4 cup canola oil
- 1/2 cup apple cider vinegar, divided
- 1 tbsp maple syrup
- 2 tbsp mustard, divided
- 1 can boneless, skinless salmon drained
- 1 can crabmeat, drained
- 2 tbsp chopped chives
- 1/4 cup plain Greek yogurt
- 4 cups dandelion greens

Ex-Mustang kicker wins Bombers' job

Ready for football.
Hajrullahu tops list of 13 Western alumni on first-week CFL rosters

DAVE LANGFORD
dave.langford@metronews.ca

The Canadian Football League had maybe its quietest season opening ever Thursday, with the Toronto Argonauts in Winnipeg to face the Blue Bombers.

That was simply because the World Cup, MLB, the NBA draft, Wimbledon and the return of Tiger were all hogging the media spotlight.

But the Western Mustangs football program did take its own bite of the media spotlight, by placing 13 players on CFL rosters this season.

Only Calgary, with 15, exceeded the Western numbers on Opening Day and the Mustangs tied Laval and St. Mary's for second place among Canadian universities.

Among the first-year CFL players from Western, kicker Lirim Hajrullahu has made the biggest splash, winning the starting job one week ago after the Blue Bombers released his import competitor.

Western special teams coordinator Chris Marcus was happy with the news.

"He's a legit kicker in the CFL. He's got a strong, strong leg and he is passionate about it," Marcus said Thursday.

Hajrullahu set several national and Ontario career scoring records in his fifth and final year at Western.

Lirim Hajrullahu of the Western Mustangs. METRO FILE

CFL Mustangs

- **B.C.:** Matt Norman, guard.
  Calgary: Shane Bergman, offensive lineman; *Joe Circelli, offensive lineman; *Brian Marshall, fullback.
  Saskatchewan: Dylan Ainsworth, defensive lineman; David Lee, defensive lineman.
  Winnipeg: Lirim Hajrullahu, kicker; Chris Greaves, guard.
  Hamilton: Craig Butler, defensive back; Andy Fantuz, wide receiver; Pawel Kruba, linebacker; Beau Landry, linebacker.
  Toronto: Jonathan Hood, linebacker; Jeff Keeping, centre; Zander Robinson, fullback.
  *On roster, but expected to return to Western.

Topping the list was his passing of Ottawa's Neil Lumsden as the all-time CIS scoring leader with 422 points. He also set a career OUA mark for field goals with 77.

Marcus said he talked to Blue Bomber general manager Kyle Walters recently and he said one thing the CFL teams like about Hajrullahu is the strength of his leg on kickoffs.

"It's a big thing in the CFL. You don't kick from the 45, you kick from the 35," Marcus said. "With us, he was putting it five or seven yards deep in the end zone. So up there, if you can get it between the 5- and the 10-yard line, it's good. "

Marcus said Hajrullahu also gets good height on his kickoffs, which allows teams to have more cover time. Three scouts talked to Marcus and they all mentioned his strong kickoff abilities.

Golf

Tiger happy with health in return

Tiger Woods was back on the PGA Tour for the first time in more than three months Thursday and said he felt "fantastic."

He was talking about his back, not his game.

One day into his most recent return from injury, that's what mattered to him.

Woods opened with two straight bogeys, made five more bogeys in a seven-hole stretch around the turn at Congressional but found his groove late in the opening round of the Quicken Loans National for a 3-over 74.

Greg Chalmers finished with three straight birdies for a 66 and a one-shot lead over Ricky Barnes.

THE ASSOCIATED PRESS

Wimbledon

Raonic critical of play in latest win

Milos Raonic didn't seem that thrilled about reaching the third round of Wimbledon for the first time in his career.

After all, the No. 8 seed is chasing far loftier goals.

Raonic, from Thornhill, Ont., defeated American Jack Sock 6-3, 6-4, 6-4 in Wimbledon's second round on Thursday.

"It might sound a little bit harsh, but (I don't have) too much feeling for it," he said. "I want to do much better than I have to this point and than I have done today."

Raonic was joined in Round 3 by women's 13th seed Eugenie Bouchard of Westmount, Que., who defeated Silvia Soler-Espinosa of Spain 7-5, 6-1.

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4 months off. FIFA bans Suarez for biting incident

Luis Suarez THE ASSOCIATED PRESS

Luis Suarez exits the World Cup with one of the longest bans in tournament history, and his reputation once again in tatters.

The Uruguay forward, widely regarded as one of the best players in the world, was banned on Thursday by FIFA, from all football for four months, for biting an Italian opponent in an incident that marred the team's victory and progression to the second round.

It's the third time he's served a suspension for biting an opponent — after similar incidents at both Ajax in the Dutch league and Liverpool in England — and the second straight World Cup where Suarez exits in disgrace.

The four-month ban will sideline Suarez for the first two months of Liverpool's season. He was also suspended for Uruguay's next nine matches.

THE ASSOCIATED PRESS

Not enough. Portugal going home despite win

Cristiano Ronaldo finally made his mark at the World Cup — but it came too late to spare Portugal an early exit from Brazil.

The world player of the year broke his scoring drought at the tournament with an 80th-minute winner in Portugal's 2-1 victory over Ghana on Thursday.

That result, however, left the Portuguese level on four points with United States in Group G but with an inferior goal difference.

THE ASSOCIATED PRESS

Quoted

"We deserved more, but that's football. We are leaving with our heads held high." Cristiano Ronaldo

Unbeaten in Group H

10-man Belgium beats Korea

Defender Jan Vertonghen scored from a rebound in the 78th minute to give 10-man Belgium a 1-0 victory over South Korea on Thursday to clinch top spot in Group H at the World Cup. THE ASSOCIATED PRESS

Making history

Algeria advances past group play

Algeria has qualified for the World Cup knockout stages for the first time after Islam Slimani's headed equalizer gave his team a 1-1 draw against Russia on Thursday.

THE ASSOCIATED PRESS

U.S. a winner in a losing situation

Advancing from Group G. Germans defeat Americans, both move on to knockout stage

Germany's Lukas Podolski leaps into Michael Bradley of the United States to clear the ball during their Group G World Cup match in Recife, Brazil, Thursday. JULIO CORTEZ/THE ASSOCIATED PRESS

Joachim Loew and Jurgen Klinsmann shook hands, smiled and patted each on the shoulders, like the two good friends they are. The two coaches had every reason to be pleased: Both of their teams advanced to the knockout stage of the World Cup.

Loew's Germany beat Klinsmann's United States 1-0 thanks to Thomas Mueller's fourth goal of the tournament and the outcome allowed both teams to advance. Portugal beat Ghana 2-1 in the other Group G match but both were eliminated.

A draw would have been enough as well, and it had been the matter of much conjecture before Thursday's rain-drenched match. But neither team held back and both attacked, although Germany was clearly in control.

"Well, first I asked him (Klinsmann) for the result of the other match. I didn't know that and he also told me they advanced and I told him, I'm happy," Loew said.

"That is a tough group and the Americans were a bit the outsiders. Everybody considered Portugal a favourite to make it.... (The Americans) really have qualities, they fight, they can run and they really are tough on the opponent. If you beat Ghana, play a draw against Portugal, I think you deserve to make it to the next round."

Knockout-stage matchups

- Brazil vs. Chile
- Colombia vs. Uruguay
- Netherlands vs. Mexico
- Costa Rica vs. Greece
- France vs. Nigeria
- Germany vs. Algeria
- Argentina vs. Switzerland
- Belgium vs. United States

Germany, a three-time champion, plays Algeria, the runner-up in Group H, on June 30. The Americans play Belgium, the winner of that group, on July 1.

"It's a good feeling because now it's really just a clear picture for everyone. Just focus on that one opponent you have for that next game. ... We'll just talk about one team to beat at a time and this is why I'm really excited" about this next phase, Klinsmann said.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan this image with your Metro News app to view a gallery of the goings on at Day 15 of the World Cup.

→ See the full instructions on Metro's Voices page.

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Horoscopes

♈ Aries
March 21 - April 20
Take care of family matters today. You will not only have the desire to do something about them but partners will for once be co-operative, so make the most of the situation and spread a little happiness.

♉ Taurus
April 21 - May 21
Short trips will be productive today, so don't stay in one place for too long. The more you are on the move the more likely it is you will meet people who can be of some use to you.

♊ Gemini
May 22 - June 21
What happens today will remind you that money is not the most important thing in the world. Yes, you need to make a living but that does not mean you should put material things ahead of everything else.

♋ Cancer
June 22 - July 23
A new moon in your birth sign today gives you an advantage over most people and you would be a fool not to take advantage of it. You may not have this much energy for quite a while, so be amazing.

♌ Leo
July 24 - Aug. 23
You have nothing to fear and everything to look forward to and the more you repeat that phrase to yourself today the more likely it is you will have a great time.

♍ Virgo
Aug. 24 - Sept. 23
Today's new moon suggests you can take a leadership role in group activities. Others will follow you willingly if you are willing to take more responsibility. Lead from the front.

♎ Libra
Sept. 24 - Oct. 23
You can expect something big to happen on the work front over the next few days. But why wait for things to happen to you? Show those in power you're ready to be promoted.

♏ Scorpio
Oct. 24 - Nov. 22
Because today's new moon falls in one of the more expansive areas of your chart your thoughts will be positive. What you think about now will be your reality later on.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in one of the more sensitive areas of your chart may give you a negative view of life but it does not have to be that way. What happens over the next 24 hours will confirm that you are loved.

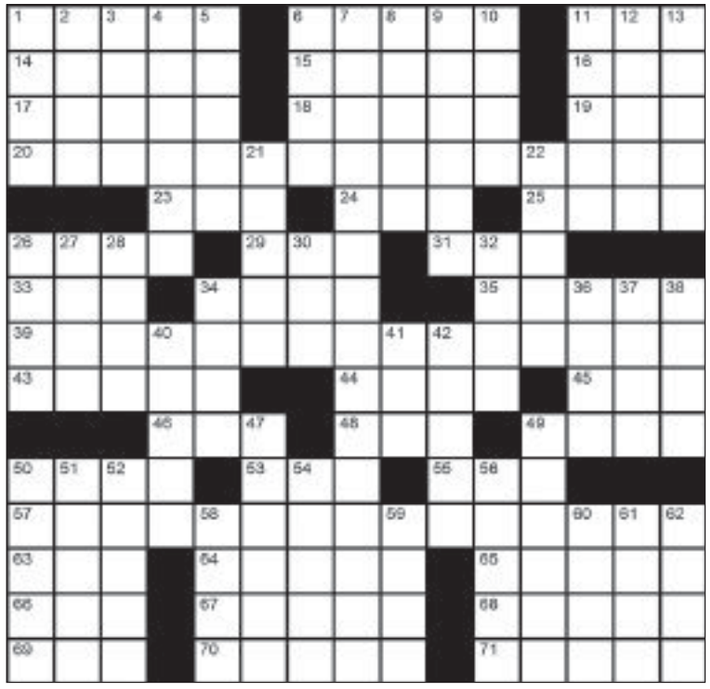
♑ Capricorn
Dec. 22 - Jan. 20
A new moon in your opposite sign of Cancer means that partners and loved ones will be full of themselves over the next 24 hours. Instead of getting angry about it why don't you join in the fun?

♒ Aquarius
Jan. 21 - Feb. 19
Others insist that you work harder but don't do it. You may have time and energy at your disposal but you should be using it to further your own aims, not the aims of others.

♓ Pisces
Feb. 20 - March 20
Today's new moon in the most dynamic area of your chart endows you with confidence and energy. Whatever you put your mind to will be a success. But don't spread yourself too thin. **SALLY BROMPTON**

Crossword: Canada Across and Down

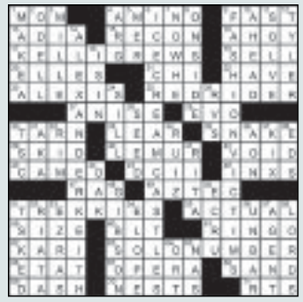
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Legendary Newfoundland sketch comedy troupe
6. Soap brand
11. Game-on-the-green org.
14. Former
15. Open-mouthed
16. Alternatives
17. On ___ (Doing fantastic)
18. Within the law
19. 'Not' in Nice?
20. Greenhouse gas guzzler's global gait: 2 wds.
23. She gave Odysseus a veil
24. E-I connection
25. Halts
26. Office cabinet's one-of-some
29. Tommy Jones link
31. Feminine side
33. Ruckus
34. Comedy: The __ Brothers
35. Principle
39. What Amity Island's mayor is very reluctant about in "Jaws" (1975) given that it's tourist season: 3 wds.
43. Bon __ (Fictional Louisiana setting of "True Blood")
44. 'Resist' suffix
45. __ Beta Kappa
46. "__ showtime!"
48. Name: French
49. Comprehends
50. Buggy
53. Cdn. business since 1670
55. Actor Mr. Townsend, to pals
57. Richard Burton's bride in 1964 when they were wed in Montreal: 2 wds.
63. Fared
64. Humphrey Bogart's nickname
65. Perhaps
66. Ottawa's Carling, e.g.
67. Helicopter part
68. Miscalculated
69. Hi-__ graphics
70. "House of the Rising Sun" bit: "...and God I know __ __."
71. Doesn't depart

Down
1. Canadian politics channel
2. Odd, to a Scot
3. Designer fashion brand
4. "Bubbly" by __ Caillat
5. Acrylic fabric
6. Baby bovine
7. "Transformers: __ __ __" (2014)
8. City in Quebec
9. Indifference
10. Fido's cry!
11. Make a brief visit: 2 wds.
12. Newfoundland's __ Banks
13. Helpers, for short
21. Baseball's Mr. Ryan
22. Ms. Zellweger
26. Bit of truth
27. Don't __ (Green-driving 'do')
28. Weaving machine
30. Energy unit
32. "The Way We Were" bit: "Can __ __ that...?"
34. Spray
36. Scruff
37. Authentic
38. "Analyze __" (1999)
40. 1972 Olympic swimming great Mark
41. "Game of Thrones" network
42. Freddy K.'s haunt: 2 wds.
47. '50s hit for Toronto quartet The Crewcuts: "__-__"
49. Edifice Marie-__ (Quebec City's tallest building)
50. Aromatic tree
51. Still has a pulse
52. Drives
54. "I __ __ differ..."
56. De-wilds
58. Dugout shelter
59 "__ Comes the Sun" by The Beatles
60. Opera __ Ottawa (Professional opera company)
61. Comply
62. Wine hues

Yesterday's Crossword



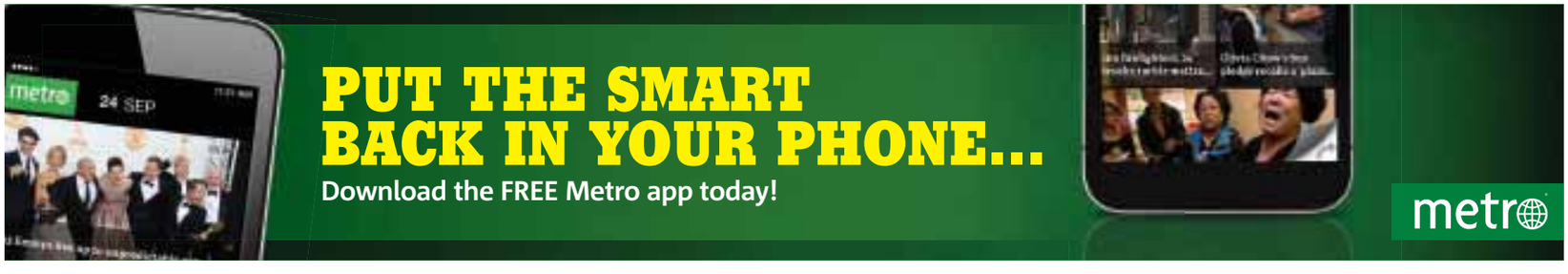
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2	3				1		
			2	1				6
9					6			2
		9	4		1		3	
	5			7			6	
	8		5		2	7		
8			3					4
4				5	7			
		7				9	5	

Yesterday's Sudoku

4	7	3	1	9	5	2	8	6
6	2	8	3	7	4	1	5	9
1	9	5	2	6	8	3	7	4
8	1	7	5	3	6	9	4	2
3	5	2	9	4	1	8	6	7
9	6	4	7	8	2	5	3	1
7	8	9	4	1	3	6	2	5
2	3	1	6	5	7	4	9	8
5	4	6	8	2	9	7	1	3



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